

# Mishawaka Parks Department

## Free Health & Fitness Classes for Kids

Classes take place at the Battell Community Center. A Participant Waiver form must be filled out and signed before taking part in any of these activities. For more information and to pre-register call 574.258.1664. No classes April 6-10. Pre-registration starts January 5th.

### Baton Twirling I & II

Thursday	4:45-6:00 pm (Ages 5-7)	Gym
Jan 15 - Apr 23	6:00-7:30 pm (8 & up)	

Baton twirling fundamentals basic twirls, marching, and preparation for performing will be taught in this beginner session. Ongoing classes will provide the opportunities to perform in parades and events. Children in Baton Twirling II will learn routines and prepare for performances with



### Self-Defense for Beginners

Monday	3:30-4:15 pm (Ages 4-7)	Dance Room I
Jan 12 - Apr 20	4:30-5:15 pm (8 & up)	

A fun, dynamic approach to learn basic martial arts & self defense! Please have children wear flat bottomed shoes or children can go barefoot, and loose fitting athletic pants.

### Preschool Hour

Friday	10:00-11:30 am (Ages 3-4)	Dance Room II
Jan 16 - Feb 20		

Children 3-4 years old are welcome to join in on the fun! Limited availability, MUST pre-register for each session. This class will include stories, songs, crafts, and fitness fun and activities.

### Show Parade and Poms

Tuesday	4:30-5:30 pm (6 & up)	Dance Room II
Jan 13 - Apr 21		

An ongoing progressive adventure that will get you moving and making new friends. Part of an award winning parade corps that performs and competes in Michiana. Poms will be provided by the coach. This class is for children ages 6 and up. Registered USTA Coach-Phyllis Romano.

### Indoor Winter Baseball Camp

Wednesday	5:00-6:30 pm (Ages 9-11)	Gym
Jan 14 - Apr 1		

Fundamentals in hitting, fielding, throwing and agility will be partnered with fun and drills being taught. Pitching coach will assist on occasion with all aspects of pitching, from fundamentals and mechanics to more advanced concepts.

### Family Zumba

Tuesday	6:00-6:45 pm	Gym
Jan 13 - Apr 21		

Do you like dance? Do you like to workout and have fun at the same time? Zumba is the class for you! Children must be supervised by a parent/guardian. This is a family-style Zumba. No pre-registration needed.



### Dance Classes

Tuesday	4:30-5:30 pm (Ages 5-7)	Dance Room I
Jan 13 - Apr 21		

Tuesday	5:00-6:00 pm (Ages 3-4)	Centennial
Jan 13 - Apr 21		

Wednesday	4:00-5:00 pm (Ages 3-4)	Dance Room II
Jan 14 - Apr 22		

Thursday	5:00-6:00 pm (Ages 5-7)	Centennial
Jan 15 - Apr 23		

Monday & Wed	5:00-6:00 pm (Ages 8-12)	Centennial
Jan 12 - Apr 22		

These dance classes will focus on learning and mastering basic skills of several forms of dance such as ballet and jazz. Limited availability you MUST pre-register prior to the first class.